

Activity + Eating



High School



Fact or Fiction?

- ① Eating well affects how you feel.
- ② A healthy diet can include “extra” foods.
- ③ It’s best to lose weight quickly.
- ④ Physical activity boosts your mood.
- ⑤ You need to stop eating bread to lose weight.
- ⑥ Milk is a sports-recovery beverage.

- ① **Fact.** You are what you eat! Eating balanced meals provides the nutrients you need for energy and to stay healthy. Plus, you’ll probably look and feel better too.
- ② **Fact.** Choose most foods from the food groups—Milk + Milk Products, Vegetables, Fruits, Grains and Meat, Beans + Nuts—and you will still have room for some “extra” foods.
- ③ **Fiction.** There is no quick fix for weight loss. Dieting as a teen increases the chances you’ll gain more weight as an adult. Make small changes to eat food-group foods, fewer “extras” and be active 60 minutes every day.
- ④ **Fact.** Participating in regular activity can give you a natural feeling of well-being. Running, biking and other aerobic activities lasting at least 20 minutes daily are more likely to give you increased energy.
- ⑤ **Fiction.** Losing weight isn’t about eliminating single foods or an entire food group.
- ⑥ **Fact.** Milk is a sports-recovery beverage because it contains protein and carbohydrates to help rebuild muscle after an intense workout.

The struggle to maintain a healthy weight and eat better is very common, but it can be easier than you think to eat well and be physically active.

Be realistic—**small changes can lead to big results** over time. Read on to learn more.

Every body is different and that's ok!

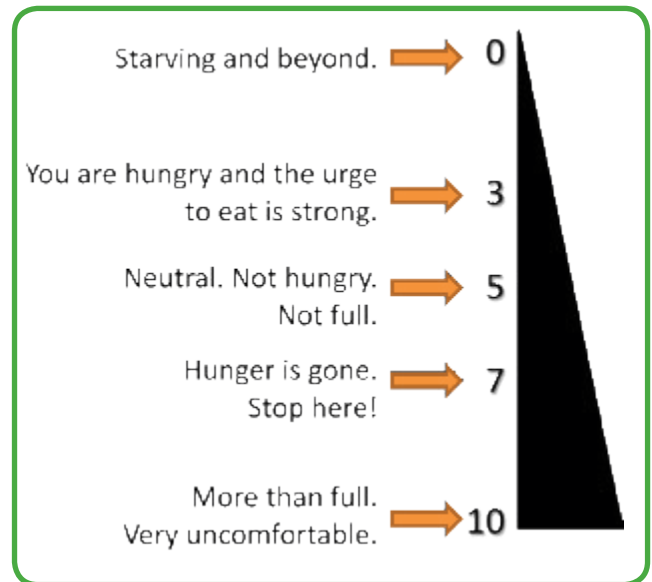
Am I at a healthy weight?

If you are not comfortable with your weight or you just want to make healthy changes, only **small steps are needed**:

- ▲ **Pack more nutrients into your food choices.**
Replace a high-calorie snack with a lower-calorie snack such as a piece of fruit.
- ▲ **Move more.** Walk for 60 minutes every day.
- ▲ **Track what you eat and how much you eat.**
Eating up to 50 extra calories each day could make you gain up to 5 pounds in a year. Remember, every bite counts.
- ▲ **Aiming for a healthy weight** can make you healthier now and when you are an adult. One way to measure if your weight is appropriate for your height is to find your Body Mass Index (BMI). Try an online calculator at:
<http://apps.nccd.cdc.gov/dnpabmi/>

How hungry am I?

Eat purposefully. Rate your hunger level before you eat and again when you're finished eating. Aim for staying between 3 and 7.



What about food choices?

Choose nutrient-rich foods. These are foods that naturally have a lot of vitamins, minerals and fewer calories. They are low in solid fats, added sugar or salt.



▲ Eat more:

- Low-fat or fat-free milk products
- Whole grains
- Vegetables
- Fruits
- Lean meats, seafood and beans

▲ Eat less:

- Added sugars
- Fat
- Salt



▲ Start your day with breakfast.

- Skipping breakfast may lead to weight gain because you may eat or snack more later in the day.
- Eating breakfast may help you control late-night eating, often higher in "extras."
- Breakfast eaters generally have a healthier diet and manage their weight better.
- Feel energized come mid-morning.

Eating well on the run ...



▲ Think ahead:

- Balance healthy food choices over the week.
- Save time by adding your favorite foods to the family shopping list.
- Often, meals at home mean lower-calorie choices than eating out.

▲ Snacks:

- Can be as fast to pack as eating out.
- Include a variety of food-group foods. If you're not hungry, pass on a snack.
- Beverages count as snacks if they are from food groups.

Oversized Serving



820 Calories

Healthy Serving



320 Calories

Too big?

▲ Watch serving sizes.

They may be too big!
Control how much food you eat. Look at the hand symbol chart on Page 4.

How do food labels help?

Use food labels to help you make good choices.

Here's how:

Check serving sizes.

One container isn't always one serving. Compare your serving size to what's listed on the label as a serving size.

Limit these numbers.

Watch calories. Avoid excess fat, sodium and sugars.

Get enough.

Focus on fiber, calcium, iron, vitamin A and vitamin C.

- 10% is good
- 20% or more is excellent

Nutrition Facts

Serving Size 8 fl oz (245g)

Servings Per Container 8

Amount Per Serving

Calories 170 **Calories from Fat** 20

%Daily Value*

Total Fat 2.5g **4 %**

Saturated Fat 1.5g **8 %**

Trans Fat 0g **0 %**

Cholesterol 5mg **2 %**

Sodium 190mg **8 %**

Total Carbohydrate 29g **10 %**

Dietary Fiber 1g **5 %**

Sugars 27g

Protein 8g

Vitamin A 10% • Vitamin C 6%

Calcium 30% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Look at the big picture.






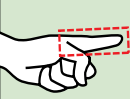


No label? Choose fresh foods like vegetables, fruit and lean meats, which are rich in nutrients but may not have food labels. These are good choices, along with low-fat milk and milk products and whole grains.



Foods naturally rich in nutrients are also rich in taste!

What am I eating now?

Mark how much food you ate and drank for meals and snacks yesterday. Write the total for each food group at the bottom of each column.

Symbol	Serving Size	Food
	One fist 1 cup	Dry cereal, Milk, Yogurt, Vegetables, Fruit
	Palm 3 ounces	Chicken, Beef, Fish, Pork
	Handful 1/2 cup	Noodles, Rice, Oatmeal
	Two fists 2 cups	Salad
	Thumb 1 tablespoon	Peanut butter
	Pointer finger 1 1/2 ounces	Cheese
	Flat hand 1 slice	Slice of whole-wheat bread
	Thumb tip 1 teaspoon	Cooking oil, Mayonnaise, Butter, Sugar

What is
Serving Size?

Eat
More
Often

Eat
Less
Often

My Total

Goal*

Milk + Milk Products

Choose low-fat or fat-free dairy most often

1 cup milk or yogurt,
1 1/2 ounces hard cheese

- ☐ Low-fat cheese
- ☐ Fat-free milk
- ☐ String cheese
- ☐ Low-fat milk (1%)
- ☐ Reduced-fat milk (2%)
- ☐ Fat-free yogurt, plain
- ☐ Mozzarella cheese
- ☐ Low-fat yogurt, plain
- ☐ Whole milk
- ☐ Chocolate milk, low-fat
- ☐ Low-fat cottage cheese
- ☐ Cheese: American, Cheddar, Jack and Swiss
- ☐ Pudding
- ☐ Cottage cheese
- ☐ Fat-free yogurt, flavored
- ☐ Custard or flan
- ☐ Frozen yogurt
- ☐ Ice cream

_____ TOTAL

3 cups

Vegetables

Vary your veggies

1 cup raw or cooked,
1 cup juice,
2 cups raw leafy greens
Fresh, frozen or canned

- ☐ Lettuce
- ☐ Spinach
- ☐ Peppers
- ☐ Broccoli
- ☐ Tomatoes, raw
- ☐ Bok choy
- ☐ Greens: collard, kale, mustard
- ☐ Asparagus
- ☐ Green beans
- ☐ Carrots
- ☐ Peas
- ☐ Squash
- ☐ Sweet potato
- ☐ Spaghetti sauce, no meat
- ☐ Potato
- ☐ Corn
- ☐ Oven-baked fries

_____ TOTAL

2 1/2 cups

* This chart is based on 2,000 calories.

More options for improvement

- ▲ **Eat foods rich in nutrients and that have fewer calories.**
Eat foods in the lighter-shaded areas or smaller servings of foods in the darker shading, which are higher in calories. One idea: Choose low-fat milk instead of soda, or oatmeal instead of a pastry.
- ▲ Eat foods from **all food groups** for a balanced diet.



Find your calorie needs with
Healthy Eating My Way on
HealthyEating.org/MyWay



Fruits Make most choices fruit, not juice	Grains Make half your grains whole grain	Meat, Beans + Nuts Go lean with protein	“extra” Foods These don’t fit in a food group.
<p>1 cup cut-up fruit, 1 cup juice, ¼ cup dried fruit Fresh, frozen, or canned in own juices</p> <p> <input type="checkbox"/> Grapefruit <input type="checkbox"/> Berries <input type="checkbox"/> Papaya <input type="checkbox"/> Peach <input type="checkbox"/> Cantaloupe <input type="checkbox"/> Orange <input type="checkbox"/> Apricot <input type="checkbox"/> Apple <input type="checkbox"/> Pineapple <input type="checkbox"/> Grapes <input type="checkbox"/> Pear <input type="checkbox"/> Raisins and other dried fruit <input type="checkbox"/> Mango <input type="checkbox"/> Banana <input type="checkbox"/> Fruit juice (100%) <input type="checkbox"/> Canned fruit in syrup </p>	<p>1 ounce = 1 slice bread, 1 cup dry cereal, ½ cup rice, pasta or cooked cereal</p> <p> <input type="checkbox"/> Hamburger or hot dog bun <input type="checkbox"/> English muffin <input type="checkbox"/> Whole-grain bread <input type="checkbox"/> Hot cereal or oatmeal <input type="checkbox"/> Roll <input type="checkbox"/> Brown or white rice <input type="checkbox"/> Pancake or waffle <input type="checkbox"/> Corn tortilla <input type="checkbox"/> Pretzels <input type="checkbox"/> Pasta or noodles <input type="checkbox"/> Whole-grain cereal <input type="checkbox"/> Graham crackers <input type="checkbox"/> Bagel <input type="checkbox"/> Crackers <input type="checkbox"/> French toast <input type="checkbox"/> Flour tortilla <input type="checkbox"/> Cornbread <input type="checkbox"/> Granola <input type="checkbox"/> Muffin </p>	<p>3 ounces meat, fish, poultry, 1 ounce = 1 egg, ½ cup beans, 1 Tablespoon peanut butter, ½ ounce nuts</p> <p> <input type="checkbox"/> Beans: pinto, black <input type="checkbox"/> Egg <input type="checkbox"/> Tofu <input type="checkbox"/> Shrimp and shellfish <input type="checkbox"/> Lunch meat <input type="checkbox"/> Peanut butter <input type="checkbox"/> Tuna fish <input type="checkbox"/> Pork and ham, lean <input type="checkbox"/> Chicken and turkey (white meat, no skin) <input type="checkbox"/> Fish <input type="checkbox"/> Hot dogs <input type="checkbox"/> Fish, fried <input type="checkbox"/> Nuts and seeds <input type="checkbox"/> Beef, lean <input type="checkbox"/> Chicken, fried <input type="checkbox"/> Sausage </p>	<p>Eat less. These are often higher in calories, added fat, sugar or salt and low in nutrients.</p> <p> <input type="checkbox"/> Ketchup <input type="checkbox"/> Barbecue sauce <input type="checkbox"/> Jelly/jam <input type="checkbox"/> Salad dress- ing <input type="checkbox"/> Bacon <input type="checkbox"/> Mayonnaise <input type="checkbox"/> Fruit drink <input type="checkbox"/> Chocolate candy <input type="checkbox"/> Cookies <input type="checkbox"/> Potato chips <input type="checkbox"/> Soda <input type="checkbox"/> Cake <input type="checkbox"/> Pie <input type="checkbox"/> Doughnut </p>
<p>_____ TOTAL</p> <p>2 cups</p>	<p>_____ TOTAL</p> <p>6 ounces</p>	<p>_____ TOTAL</p> <p>5 ½ ounces</p>	<p>_____ TOTAL</p> <p>Limit amount</p>



Small steps I can make to improve my food choices:
Idea: *Baked potato instead of french fries.*

I will begin: _____

date

Be active ... get moving!

Work up to 60 minutes a day



Boost your heart rate

- ▲ Make your heart beat faster for 60 minutes at least five days a week.
- ▲ Can't find 60 minutes to move? Aim for four 15-minute sessions each day. You can take the stairs at the mall, walk the long route between classes or walk around campus after eating lunch.
- ▲ Work out at the gym or join an intramural team.

Build muscle

- ▲ Include strength training like lifting weights, push-ups, sit-ups or yoga to build or keep your muscles strong.
- ▲ Building muscles improves strength, balance and bone strength.

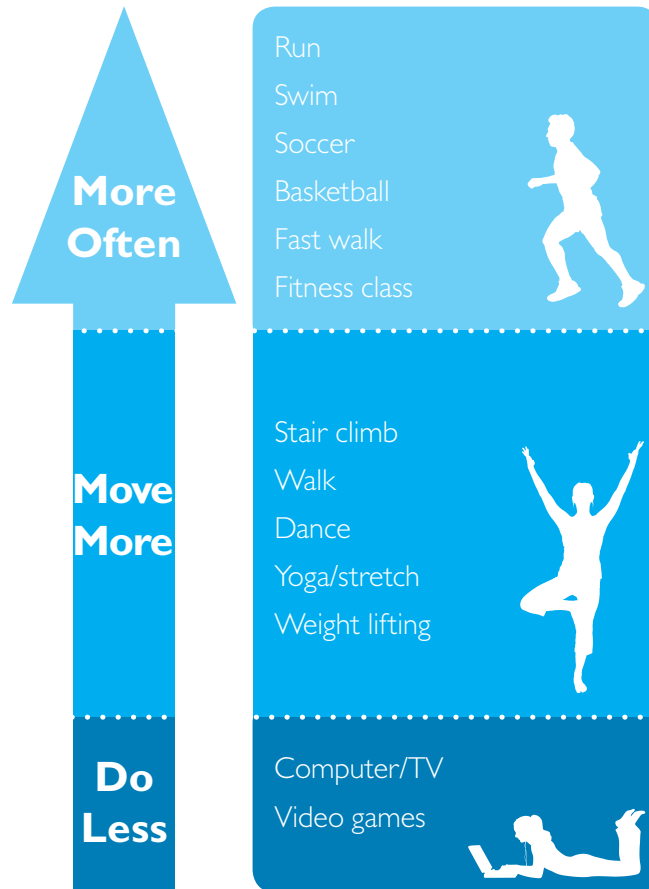
Build bones

- ▲ Eat bone-building foods for strong bones and teeth. Mix and match 3 servings of milk and milk products every day to build bones during your teen years.
- ▲ Do bone-building activities like running, jumping or dancing for 20 minutes at least 3 times a week.

Why be physically active?

Circle what motivates you!

- ▲ Give yourself more energy.
- ▲ Reduce stress and sleep better.
- ▲ Lose body fat and keep it off.
- ▲ Increase strength.
- ▲ Reduce your risk of diseases such as heart disease and diabetes.
- ▲ Build healthy bones.
- ▲ Improve concentration and productivity at school.



Health Problems? Consult your health care provider first.

Am I getting enough physical activity?

Aim for **60** minutes
most days of
the week.

Move more!

Get your heart working
so you breathe harder.



▲ **Write down** physical activities you do now.

My Physical Activity Plan	Days and Minutes of Activity						
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Example: <i>Walk with a friend after school.</i>		20 min.		20 min.	30 min.	30 min.	
Total minutes:							

▲ Find ways to **increase** your activities. Walk at lunch, try a team sport or borrow a workout video.

My idea: _____

▲ **Mark** an idea to try this week.

☐ **Trade “do less” time for “move more” time.** Do sit-ups or jumping jacks while watching TV. Walk with a friend.

☐ **Be active at school.** Use break time to stretch, walk and do simple exercises like squats and arm circles.

☐ **Add more time** to each activity. Walk for 30 minutes instead of 20 minutes.

☐ **Work a little harder.** Turn your easy walks into power walks or jogs.

▲ **I will start my new activity:** _____
date



Keep a weekly physical
activity journal at home:
HealthyEating.org/TeenBEAT



How can I make healthier choices?

Quick Snacks

- ▲ String cheese and a pear
- ▲ Edamame
- ▲ Pinto beans and baked corn chips
- ▲ Cereal and milk
- ▲ Frozen berries or sliced bananas
- ▲ Hard-boiled egg
- ▲ Hummus and carrots
- ▲ Low-fat yogurt
- ▲ English muffin topped with peanut butter
- ▲ Granola bar and milk
- ▲ Fruit and nut trail mix



Eating out

- Split a meal with a friend.
- Order appetizer portions.
- Take half home.
- Look at the posted calorie amounts.
- Limit eating out to only a couple times a week, then brown bag it!

Trading foods—focus on nutrient-rich choices

Extras

Fries

Blended drink

Potato chips

Fruit drink

Food-group foods

Fruit

Fat-free milk latte

Popcorn

Unsweetened tea

My health goals

Go back and look at the inside pages to create two small steps for better health.

Idea: I will trade an “extra” food for a snack from a food group, such as a small handful of nuts instead of potato chips.

1. _____
2. _____

▲ I will start my goals: _____ date



This program, brought to you by Dairy Council of California, aligns with the 2010 Dietary Guidelines.